

SEPTEMBER, OCTOBER, NOVEMBER, 2014

# Prime Time News



NEWSLETTER OF THE CRYSTAL FRIENDSHIP CENTER

## Senior Spotlight

### Recreation Office

763-531-0052

8:00 am- 4:30 pm

Monday-Friday

### CONTACT

### INFORMATION:

### Recreation Supervisor

Marcia Bach

763-531-1153

### Senior Dining

### Dinner at Your Door

Cherie & Joanne

763-531-1183

9:00 am-1:00 pm

### District #281

### Community Education

763-504-6990

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## WHIST TOURNAMENT LEADERS



## LOIS KLEFSAAS & MADONNA SALISBURY

### THANK YOU TO OUR GREAT VOLUNTEERS!!

Lois Klefsaas was born during the Depression in rural western MN. She walked to a one room country school with one teacher for all 8 grades. After high school, she graduated from a three year nursing training program in Minneapolis. She was employed at the U of M Hospitals in pediatrics as a general staff and in nursing management. She enjoys a hobby of antiques and is involved in a summer antique mall in northern MN. Madonna Salisbury was born in Grenora, ND and moved to MN in 1957. She worked in accounting for 28 years. One year after retiring from Quest, she lost her husband. Then she became involved with the Friendship Center with Whist being her favorite. She also Square Danced for 11 years, but quit dancing after her dance partner passed away. She has 7 children, 18 grandchildren, 13 great-grandchildren. Thank you, Lois and Madonna for running the Whist Tournaments!

# Activities and More

## CRYSTAL FRIENDSHIP CENTER

We offer a variety of programming opportunities, a large gathering room, a book and puzzle library, and a billiards room. The Crystal Friendship Center is open to all individuals age 55 and better for a **yearly fee of \$12 for Crystal residents and \$19 for non-residents**, which allows the member to: participate in and receive discounts for select center activities and receive the *Prime Time News* – a quarterly newsletter. **Note the *Prime Time News* may be purchased at the Crystal Community Center front desk for 50¢ a copy for non-members.**

### CRYSTAL FRIENDSHIP CENTER HOURS

Monday– Wednesday	10:00 am- 9:00 pm
Thursday	10:00 am– 4:30 pm
Friday	10:00 am– 4:30 pm
Saturday Tournaments	12:30 pm– 4:30 pm

### MINNESOTA ROOM PHONE NUMBER

763-531-1182

### WEEKLY FRIENDSHIP CENTER GROUPS

We welcome you to join our many card groups that meet throughout the week. After the second day as a visitor, a membership card is required. The day games begin at 12:30 pm with the evening groups at 6:30 pm. Entry fee to weekly games is 50¢ unless otherwise noted. Come early if you do not have a partner to make necessary arrangements for a place at a table. Limit of 33 tables.

#### DAY GAMES– 12:30 pm

##### Duplicate Bridge .....Monday

No cards: September 1 – meet Tuesday, September 2

##### 500 .....Wednesday

No cards: December 24

##### Whist .....Thursday

No cards: November 27, December 25

##### Party Bridge .....Friday

No cards: November 28



#### EVENING GAMES– 6:30 pm

##### 500 .....Monday (entry fee: 25¢)

No cards: September 1

##### Whist .....Tuesday

No cards: November 11

##### Cribbage.....Tuesday

No cards: November 11



### SATURDAY CARD TOURNAMENTS

12:30 pm

Tournaments are held in the Minnesota Room. A partner is required to play in the tournament; however, a Crystal Friendship membership is not necessary to participate. Payment is taken when both partners are present. Tournaments start at **12:30 pm**. Limit of 33 tables.

**500** (\$1.50 entry fee) .....September 6,  
October 4, November 1, (no tournament in December)  
**Whist** (\$3 entry fee).....September 13,  
October 11 November 8, December 13  
**Duplicate Bridge** (\$2 entry fee)....September 20,  
October 18, November 15, December 20  
**Bridge** (\$2 entry fee).....September 27,  
October 25, November 22, December 27



### SENIOR COMMUNITY RESOURCES

District #281 Community Education 763-504-6990

Dinner At Your Door • 763-531-1183

Senior Dining • 763-531-1183

HOME Northwest • 952-746-4046

### SENIOR DINING (Age 60+)

Senior nutritional meals are served Monday-Friday at the Crystal Community Center at 12:00 pm. Reserve your lunch by calling three days in advance at 763-531-1183. Call a friend to join you for a great meal at a reasonable cost of \$4.00, payable the day of senior dining.



# Adult/Senior Activities

Call the Crystal Recreation Department at 763-531-0052 to register for classes. The Crystal Community Center is located at 4800 Douglas Drive North, Crystal, MN 55429.

## AAA DRIVER IMPROVEMENT PROGRAM (8-HOUR CLASS)

The Driver Improvement Program course is taught by a Minnesota Highway Safety Center trained instructor. The class will explore changes in laws, the latest in vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. The classroom sessions are eight hours in length. Completion of this course allows for a 10% reduction on automobile insurance premiums for those over the age of 55. Session 1 register by September 5; Session 2 register by October 30.

**Session 1: Saturday, September 13 .....8:30 am-5:00 pm**

**Session 2: Saturday, November 8.....8:30 am-5:00 pm**

Location: Crystal Community Center

Fee: \$22 AAA Member (must show AAA card at class)

\$24 non-AAA Member



## AAA DRIVER IMPROVEMENT PROGRAM (4-HOUR CLASS)

The Driver Improvement Program course is taught by a Minnesota Highway Safety Center trained instructor. This refresher class is 4 hours. Register by October 13.

**Thursday, October 23.....5:30-9:30 pm**

Location: Crystal Community Center

Fee: \$22 AAA Member (must show AAA card at class)

\$24 non-AAA Member



## AARP DRIVER'S SAFETY PROGRAM REFRESHER COURSE (4-HOUR CLASS)

Do you want to receive up to a 10% discount on your car insurance for the next three years? You must have completed an eight-hour class in order to register for this four-hour, state-approved refresher course. While no driving or testing is necessary, attendance is required for credit and certificate. To receive the AARP membership discount, you must register at the front desk during regular office hours with proof of your membership. Friendship Center members will receive Crystal resident rates. Register one week prior to the class start date.

**Thursday, September 11 .....9:00 am-1:00 pm**

**Thursday, October 9 .....9:00 am-1:00 pm**

**Thursday, November 13 .....9:00 am-1:00 pm**

**Thursday, December 11 .....9:00 am-1:00 pm**

Location: Crystal Community Center

Fee: \$17 residents with AARP membership

\$22 residents without AARP membership

\$19 non-residents with AARP membership

\$24 non-residents without AARP membership



## OSHER

### LIFELONG LEARNING INSTITUTE

The Osher Lifelong Learning Institute (OLLI), an affiliated program of the University of Minnesota College of Continuing Education, presents these classes.

**Registration is limited. Registration Deadline: ten days before class begins. Classes held at Crystal Community Center. Fee: FREE for Friendship Center members and Crystal residents. Call 763-531-0052 to register.**



### PLATO'S SYMPOSIUM

**Mondays, September 15– October 20**

**10:00-11:30am**

A close textual reading of Plato's dialogue on Eros. In contrast to the usual Platonic dialogue, consisting almost entirely of short exchanges, this account of the nature, origins and effects of "love" takes the form of set speeches. The 7 speakers, each articulating a different view compete for the laurels. Aristophanes is given the "central" speech, the account most recalled today. Michael Ormond taught political philosophy at California State Long Beach from 1967 to 1974. After receiving a law degree from the U of M in 1978, he practiced family law until his retirement in 2011. Register by September 5.

### ENNEAGRAM EXPLORATIONS, PHASE II

**Tuesdays, September 16-November 4**

**10:00-11:30am**

This course is for those who attended "Knowing You, Knowing Me" during the spring session and/or for others who have a working knowledge of the enneagram. In phase II, we will continue to explore relationship dynamics, self awareness enhancing the development of our highest selves, and other aspects of this multidimensional model of personality. Instructor: Karen Lohn, psychologist emeritus, author, educator. Register by September 6.

### FIBRE CONNECTIONS

**Tuesdays, September 16-November 4**

**12:30-2:00pm**

From indigenous villages to intimate relationships, fibre work connects us to the natural world, to our inner selves, and to one another. Fibre work realizes all of the human needs defined by Maslow and beyond. This course will be hands-on, experiencing fibres metaphorically. We'll create a variety of symbolic pieces using a number of simple techniques. Each class will offer an opportunity for play and for discussion. Absolutely NO EXPERTISE OR EVEN EXPERIENCE with fibres is required.... this is not about great art, simply about experiencing the wonder of fibres. Instructor: Karen Lohn, psychologist emeritus, author, educator. Register by September 6.



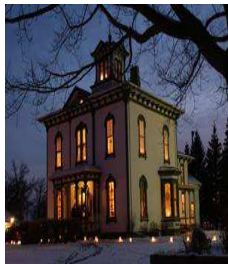
# COMMUNITY TRIPSTERS



Enjoy these day trips with friends, or join us by yourself and make new friends! This program series is sponsored with the cities of Brooklyn Center and New Hope with pick-ups in each city. The cost of each trip is all-inclusive for the entire day including transportation, tours, escort, tax and gratuity unless otherwise indicated. For more detailed information stop by the Crystal Community Center and pick up a flier today.

## THE HISTORY OF OWATONNA

Visit the State School Orphanage Museum, the largest school of its kind ever operated in Minnesota from 1886-1945. Enjoy lunch at the new Steele County History Center. Then explore the exhibits and displays relative to Steele County. Learn what life was like in the turn of the 20th Century at the Village of Yesterday. This 19-structure village features two log cabins, railroad station, caboose, general store/post office, fire station, farm machinery building, blacksmith shop, country school, Dunnell Mansion and a church. Each building is furnished according to the time they were built and connected by a boardwalk. Next stop is the "jewel box of the prairie," the 1908 Louis Sullivan National Farmers' Bank. Finally, purchase an end of the day treat at Russell Stover Candies in the candy kitchen and Blue Bell's ice cream parlor. Register by September 8.



**Tuesday, September 16 .....8:30 am-5:45 pm**  
**Fee: \$59**

## CARLOS CREEK WINERY

Get ready for a relaxing, fun day and enjoy the fall colors along the way! First stop, a morning cup of coffee in St. Cloud (on your own), then on to the Carlos Creek Winery in Alexandria, MN. Carlos Creek Winery is home to one of the largest and oldest grape vineyards in Minnesota. Enjoy a soup and salad luncheon served with a beverage and cookie at the vineyard. Then take a guided tour of the production area and the caves. Enjoy a wine tasting and spend time in the gift store. On the way back, we will stop at the historic Grande Depot in St. Cloud. Stroll through the unique specialty shops and, if you would like, enjoy an afternoon treat at the café! Register by September 18.



**Thursday, October 16 .....8:35 am-5:00 pm**  
**Fee: \$65**

## IT'S NIFTY FIFTY DAY AT ST. CROIX CASINO

If you're 50 or older and have a TLC card, you can be one of the "nifty-fifty" with the extra perks for the day! Receive \$5 on your player's card for riding the bus, plus each "nifty fifty" will swipe their TLC card at a kiosk for an extra \$5-\$50 on their card to spend on the machines. If you don't have a TLC card and would like one, tell us when you register; the card is the only way you have to redeem the "comp" money. The information will be forwarded to the casino and your card will be waiting for you. Minimum of 40 people. Register by October 29.



**Wednesday, November 5 .....8:45 am-5:15pm**  
**Fee: \$6**

## OLD LOG THEATER.....

### "LIFE COULD BE A DREAM"

**The Award-Winning '60s Doo-Wop Musical Created by Roger Bean.**

Take a trip to Springfield and meet Denny and the Dreamers, a fledgling doo-wop singing group preparing to enter the Big Whopper Radio contest to realize their dreams of making it to the big time! Trouble comes in the form of Lois, who puts some polish on the boys. Denny falls in love, Wally falls in line, Eugene falls apart, and along comes handsome heartthrob Skip to send the whole situation spinning. The '60s hits say it all: "Fools Fall in Love," "Tears on My Pillow," "Runaround Sue," "Earth Angel," "Stay," "Unchained Melody," "Lonely Tears-drops," and "The Glory of Love." Winner of the Los Angeles Drama Critics Circle Best Musical Award. See it now before it heads to Broadway in 2016. Lunch selections include Meat Loaf, Tilapia, Pasta, or Chicken with vegetables, rolls, beverage, and dessert. Register by August 30.



**Thursday, November 13 .....10:20 am-5:00 pm**  
**Fee: \$67**

## A GRAND CHRISTMAS

Our Grand Christmas tour begins at the James J. Hill House on Summit Ave. in St. Paul. This 36,000 square foot mansion built in 1891, features crystal chandeliers, a pipe organ, stained glass windows and elaborate woodcarving. After our tour, we'll head to Grand Ave for a walleye or chicken lunch at Tavern on Grand in the Lake Room. Side items include seasoned Tavern fries, Cole slaw, beverage and ice cream for dessert. After lunch, we'll head to the Alexander Ramsey House and step back in time to the Christmas season of 1875. View original family ornaments, discover how the Ramsey family celebrated the holiday, and shop in the Carriage House Gift store. Register by November 16.



**Thursday, December 11 .....9:15am-3:30 pm**  
**Fee: \$67**

# Senior Activities

## SENIOR LAWN BOWLING LEAGUE

Game equipment is provided and an official is present during league play. No special clothing is required, however teams with all members competing in white top and white or khaki bottoms receive 1 point before match play begins. No heeled shoes, flat-bottom shoes only on the court. Registration and payment taken at the Brookview Golf Office, 200 Brookview Parkway. Register by August 29.

**Tuesdays, September 9– October 7**

**10:00-11:00 am league play**

**Fee: \$35/person**

**Location: Brookview Lawn Bowling Courts**



## DANCE FOR THE AGELESS

No experience necessary. We'll begin with gentle floor work and standing warm-ups which serves to strengthen, stretch and balance the body. Included are exercises influenced by modern dance, yoga and Pilates focusing on joint articulation, balance, foot work and preparing the body to move through space. The following communities are considered residents for this program: Crystal, Golden Valley, Robbinsdale. Register by September 29.

**Location: Crystal Community Center**

**Mondays, October 6-December 8, 9:15-10:15 am**

**Fee: \$72 Residents and Friendship Center Members  
\$79 Non-residents**



## JOY OF PAINTING® THE BOB ROSS® METHOD

With the Bob Ross Wet-on-Wet Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush.

Classes are especially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ hours you will bring home a fall scene in October and a winter scene in November ready to frame. Taught by certified instructor, Kittie Swanson. Register for Session 1 by October 2 and Session 2 by October 30.

**Location: Brookview Community Center,  
Golden Valley**

**Saturday, October 11 OR November 8, 1:00-4:30 pm**

**Fee: \$60 Crystal and Golden Valley residents and  
Friendship Center Members  
\$65 Non-residents (Includes all materials)**



## SPECIAL INTEREST GROUPS

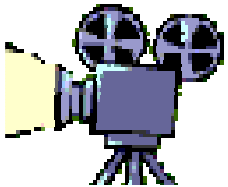
### BOOK DISCUSSION GROUP

The Book Discussion group is for you if you like to read and then talk to someone else about the book. The group meets the first Tuesday of the month at the Robbinsdale City Hall from 1:00 to 2:30 pm. Join us anytime – new people are welcome. For information, call 763-531-1274.



### MOVIE DISCUSSION SERIES

Join us on Thursdays at 9:30 am in the Robbinsdale Safety Building, 4101 Hubbard N (lower level). Watch a movie on the 35" TV and discuss the movie afterwards. Call 763-531-1274 for more information. Fee: \$1



### ROVING MINDS

This program is dedicated to the idea that learning is a lifelong process. We meet on the third Tuesday of the month at Robbinsdale City Hall from 1:00 to 3:00 pm. with our yearly kick-off on September 16. Call 763-531-1274 for more information.



# 55+ Programs

## DONUT MAKE YOU WONDER?

Join us on the third Wednesday of the month at **10:00-11:30 am** for informative programs, coffee, and donuts. The program is held at the Crystal Community Center. The **\$2 fee** is payable at the door, but you must register at least three days in advance so there are enough donuts for everyone. Call 763-531-0052 to register for this educational opportunity.



### "FOR LOVE OF LAKES"

**Wednesday, September 17**

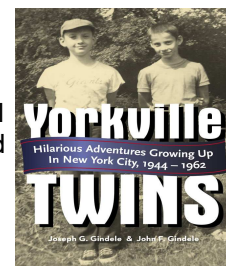
Minnesotans have a love for our many lakes. Come learn more about our treasured lakes from Darby Nelson, a native Minnesotan, free-lance writer and conservationist. *For Love of Lakes* is an account documenting our species long relationship with lakes—their glacial origins, Thoreau and his environmental message, and the major perceptual shifts and advances in our understanding of lake ecology. Learn more about the stewardship void and gain an improved understanding of our most treasured natural feature. Register by September 12.



### "YORKVILLE TWINS"

**Wednesday, October 15**

Crystal residents and retired Robbinsdale teachers Joe and John Gindele will talk about their childhood memories and immigrant experiences growing up on the rough streets of Yorkville on Upper East Side over 60 years ago. They will also read excerpts from their award-winning book, *Yorkville Twins*. Full of humor, wisdom and frank talk, it is a collection of stories involving immigrants, survival, growing up, coming of age, and learning what it is to be an American. The Robbinsdale Superintendent of Schools will also speak. Register by October 10.



### "BALD EAGLE BASICS"

**Wednesday, November 19**

With nests as big as small bedrooms and acrobatic aerial courtships the national bird of the United States is impressive beyond their white heads and large size. As an educator with the U.S. Fish and Wildlife Service in Alaska, Melonie Shipman, has extensive education and experience in bald and golden eagle basics. With a bounty of amazing photos and personal accounts, you'll see bald eagles with new eyes. Register by November 14.



## 55+ FITNESS

### TOTAL BODY WORKOUT

It's a proven fact exercise improves your life physically and mentally. This one-hour class is divided into three parts: 20-minute, low-impact aerobic warm up, muscle toning with weights and bands, and a cool down component. Mats provided.

**Mondays, September 9-December 16.. 9:00-10:00 am**

**Wednesdays, September 4-December 18.. 8:45-9:45 am**

Location: Crystal Community Center

Fee: \$45/15 class-punch card residents or current Friendship Center members \$52/15 class-punch card non-residents \$5 drop-in fee

### TO YOUR HEALTH GYM WALK

The Crystal Community Center is available for walking depending on scheduled activities. **FREE!**

Mondays.....10:00 am- 2:00 pm

Tuesdays.....9:00 am- 2:00 pm

Wednesdays....12:00- 2:00 pm

Thursdays.....9:00 am- 2:00 pm

Fridays.....9:00 am- 2:00 pm



### PICKLEBALL 55+

Pickleball is for people of all athletic abilities, described as a combination of ping pong, tennis and badminton. It's a great work out, very social, and a competitive and athletic game. Pickleball uses a plastic whiffle ball and a paddle and is played on a court roughly half the size of a tennis court. This is not a league...for all levels of play...come when you can...just drop in...with no advanced registration.

Equipment is provided for you to try the game. Gym shoes are required. For your convenience, purchase a punch card and save. One punch per time. No Pickleball on September 2, November 11 or 28.

**Mondays and Thursdays.....10:00 am-12:00 pm**

Location: Crystal Community Center

Fee: \$2/time or \$1/time for Crystal Friendship members

\$10 for punch card with 10 punches for Crystal Friendship Center members

\$15 for punch card with 10 punches





# Seasonal Activities



## HOLIDAY LUNCHEON

**Tuesday, December 2**  
**12:00-1:30 pm**



Enjoy a delicious catered holiday meal while being entertained by the talent and energy of Totino Grace's "Company of Singers." Holiday tunes and debut of their new show will be included in the program. Register by Wednesday, November 19, space permitting. Doors open at 11:30 am.  
**Location: Crystal Community Center**  
**Fee: \$9 residents/Friendship Center Members**  
**\$12 non-residents**

## HOLIDAY BAND CONCERT

**Thursday, December 4**  
**7:00- Refreshments**  
**7:30-8:30 pm- Concert**



Join us for this **FREE** concert with the Robbinsdale City Band under the direction of Mike Serber. Come and be entertained with traditional band music and holiday favorites. There is nothing like a sing-a-long to start off the holiday season.

**Location: Crystal Community Center**  
**Fee: FREE**

## HOLIDAY TEA

**Monday, December 15**  
**1:00-2:30 pm**



Join us for a delightful afternoon with entertainment by singer Jim Berner, followed by delicious finger foods and desserts. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. Register by Wednesday, December 10 by calling 763-531-0052.

**Location: Brookview Community Center, Golden Valley**

**Fee: \$9**

## THANK YOU!! CRYSTAL FROLICS SPONSOR CRYSTAL CARE CENTER



## PICKLEBALL TOURNAMENT WINNERS & SPONSOR

## CRYSTAL FROLICS

### SENIOR TOURNAMENT WINNERS

**BILLIARDS**— Gordy Lane

**BRIDGE**— Barb & Mike Teresi

**CRIBBAGE**— Harvey Fischer

**DOMINOES**— Shirley Madsen & Marlys Zinn

**DUPLICATE BRIDGE-**

SECTION A NS— Karen Orke & Em Sullivan

SECTION A EW— Susie & Irv Heisler

SECTION B NS— Russ Frye & Darrel Smith

SECTION B EW— Joyce & Thurm Slack

SECTION C NS— Etta Carlson & Ken Wall

SECTION C EW— Sada Sivan & Jenet Jacobson

**500**— Andy Klein & John Westphall

**PICKLEBALL**— Pat Gorman, Bob Rau, Bruce Polaczyk & Tatyana Zitserman

**P\*KER**— Dodie Dougherty

**WHIST**— Paul Miller & Stan Randall





**MEDICARE PRESENTATION & DESSERT RECEPTION  
TUESDAY, OCTOBER 7- 12:30-1:30 PM  
CRYSTAL COMMUNITY CENTER**

Annual Election Period for Medicare supplements is soon! No matter which company you have for your supplement or Part D, consultants are available to answer your questions. Attend a presentation and dessert reception on Tuesday, October 7 at 12:30-1:30 pm at the Crystal Community Center. Medicare is changing and this is a great opportunity to gather NEW information for 2015. Space is limited. Register for this FREE presentation by calling 763-531-0052. Deadline is Wednesday, October 1.



**HAPPY 90TH BIRTHDAYS- JASON CERVANTES & DOROTHY KREKELBERG !!!**



**CRYSTAL FRIENDSHIP CENTER  
4800 DOUGLAS DRIVE NORTH  
CRYSTAL, MN 55429**

